

## Tator Tot CasseroleCO75

Number of Servings: 75 (207.79 g per serving)

| Amount | Measure | Ingredient                              |
|--------|---------|---|
| 10 1/2 | lb      | Beef, ground, hamburger, pan browned, 1 |
| 6.00   | lb      | Vegetables, classic, fzn                |
| 4 3/4  | lb      | Soup, cream of mushroom, low sodium, rt |
| 12.00  | oz      | Onion, white, fresh, chpd               |
| 9.00   | cup     | Water, tap, municipal                   |
| 30.00  | oz      | Cheese, cheddar, fancy, shredded        |
| 9.00   | lb      | Tater Tots, fzn                         |
| 3 3/4  | Tbs     | Sauce, worcestershire                   |

### Nutrients per serving

## Nutrition Facts

Serving Size (208g)  
Servings Per Container

Amount Per Serving

**Calories 270**    **Calories from Fat 110**

% Daily Value\*

**Total Fat 12g**    **18%**

**Saturated Fat 3.5g**    **18%**

**Trans Fat 0g**

**Cholesterol 40mg**    **13%**

**Sodium 420mg**    **18%**

**Total Carbohydrate 21g**    **7%**

**Dietary Fiber 3g**    **12%**

**Sugars 1g**

**Protein 18g**

**Vitamin A 10%**    • **Vitamin C 4%**

**Calcium 6%**    • **Iron 10%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

|                    |           | Calories: 2,000 | 2,500   |
|--------------------|-----------|-----------------|---------|
| Total Fat          | Less than | 65g             | 80g     |
| Saturated Fat      | Less than | 20g             | 25g     |
| Cholesterol        | Less than | 300mg           | 300mg   |
| Sodium             | Less than | 2,400mg         | 2,400mg |
| Total Carbohydrate |           | 300g            | 375g    |
| Dietary Fiber      |           | 25g             | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Instructions

Brown lean ground beef with onions. Add frozen mixed vegetables, low sodium ready to serve canned soup, Worcestershire sauce and water. Bring to a boil.

Pour into appropriate sized pan(s), cover with cheese and tater tots,

Bake covered with foil at 325 degrees F for approximately 20 minutes. Uncover and bake 10-20 minutes longer or until browned and vegetables are tender.

Serving size #6 scoop or 2/3 cup

1 serving = 2/3 c = 1 CS

### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

### Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

### Holding :

- Hold for hot service at an internal temperature of 135 F or higher. Will need to be 175 degrees or higher for home delivery.